



YOUR BENEFIT FOR LIFE

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IN THIS EDITION:

1. Wellness Tips
2. Healthy Recipe
3. Wellness Coupon

1. Wellness Tips:



How Much Should I Exercise?

We all know that we should be exercising, but how much is enough? Don't despair if you can't get in the recommended 30 minutes every day. Researchers just completed a study indicating that even **15 minutes of moderate exercise 5 days a week can add 3 years** to your life expectancy. So even on those days when it seems difficult to make the time to exercise, that 15 minutes can make all the difference. So get moving!

Is Your Child's Lunch Safe?

A study in Texas found that only 2% of children's sack lunches were kept at the right temperature, allowing harmful bacteria that causes food poisoning to grow. When children are exposed to those bacteria, they are 4.5 times more likely to get food poisoning than adults. The key is in the cold - **a sack lunch should be kept below the "danger-zone" of 40 degrees**. How to do that? Make the sack lunch the night before and put it in the fridge. Double check that your day care center or school has a refrigerator to put the sack lunch in. If not, use an insulated lunch sack (remember not to put them in the refrigerator, as this may prevent the food from staying cold, and annoy others by taking up too much space). Finally, freeze juices and waters; this will keep your food cold and will be ready to drink by lunchtime.



2. Healthy Recipe: Zucchini Carbonara

Cling to summer one last time with this rich, healthy pasta dish and cook pasta the way the Italians do.

Ingredients:

- 10 oz Spaghetti (wh. wheat)
- 6 slices bacon (chopped)
- 2 small zucchini (thinly sliced)
- 2 cloves garlic (chopped)
- 1 yellow onion (diced)
- 2 eggs
- Salt & Pepper to taste
- 1/4 cup Parmesan cheese
- 1 Tbsp chopped Parsley



Directions:

Cook pasta according to package directions. In large frying pan, cook bacon over Med. High heat until fat is rendered. Remove from pan and reserve enough bacon fat to cover the bottom of pan. Add zucchini, onion, and garlic, and sauté for 5-7 minutes, until cooked. Add bacon, as well as salt and pepper to taste. When pasta is cooked, reserve one cup of pasta water before draining. Add drained noodles to pan and mix. Slowly pour just enough pasta water to cling to the noodles. Remove from heat. Add eggs and mix to incorporate. Serve in bowls, top with Parmesan cheese and sprinkle of parsley. (Makes 4 servings)

3. Wellness Coupon

Don't hide in the bunker during these upcoming cooler days...Relive those summer days by teeing off at a local favorite.

Rolling Meadows Golf Course is offering all county employees **a weekend special before the cold.**

Every Saturday and Sunday after 2pm, take advantage of their twilight rate.
Walk 9 holes for \$15 or 18 holes for \$25.

Just call **Rolling Meadows** at 920-929-3735 to schedule your tee time.
Offer expires at the end of the 2011 season.



Stay Well!